



Park Center

Fall Swim Lessons



The Park Center in Murray Park will offer Swim Lessons for the Fall season. All lessons consist of eight 40-minute classes. Lessons are available in the evening on Tuesday and Thursday and in the morning on Saturday. Classes will fill quickly, so sign up early! You must register in person at The Park Center.

Registration for Swim Lessons will begin Monday, August 28.

Swim Lesson Prices

Member/Resident: \$30

Non-Resident: \$35



Tuesday/Thursday Evenings

Eight 40-minute lessons per session

Session

1
2
*3

Dates

Sept. 5 - 28
Oct. 3 - 26
*Nov. 7 - Dec. 7
*(No class Nov. 9 & 23)

CLASS TIMES (all times are same for each session)

4:30-5:10 pm

Pre-Level 1
Pre-Level 2
Level 1
Level 2
Level 3

5:15-5:55 pm

Pre-Level 1
Pre-Level 2
Level 2
Level 3
Level 4

6:00-6:40 pm

Parent/Tot
Pre-Level 2
Level 1
Level 2
Level 5

Saturday Mornings

Eight 40-minute lessons per session

Session

1

Dates

Sept. 9 - Oct. 28

CLASS TIMES (all times are same for each session)

9:00-9:40 am

Pre-Level 1
Pre-Level 2
Level 1
Level 2
Level 3

9:45-10:25 am

Pre-Level 1
Pre-Level 2
Level 2
Level 3
Level 4

10:30-11:10 am

Parent/Tot
Pre-Level 2
Level 1
Level 2
Level 5

CLASS DESCRIPTIONS

Parent/Tot:	Introduction to water adjustment through parental interaction. Safety and enjoyment are emphasized.
Pre-Level 1:	Ages 3-4. Introduction to Water Skills. Learn basic water adjustment skills.
Pre-Level 2:	Ages 3-4. Fundamental Aquatic Skills. Learn front/back float, arm/leg motions for front/back. Prerequisite: Completion or demonstration of Pre-Level 1 skills.
Level 1:	Ages 5 and older. Introduction to Water Skills. Learn basic water adjustment skills.
Level 2:	Ages 5 and older. Fundamental Aquatic Skills. Learn front/back float, arm/leg motions for front/back. Prerequisite: Completion or demonstration of Level 1 skills.
Level 3:	Ages 5 and older. Stroke Development. Learn coordination of front/back crawl, elements of advanced strokes and treading water. Prerequisite: Completion or demonstration of Level 2 skills.
Level 4:	Ages 5 and older. Stroke Improvement. Increase endurance of front/back crawl, build on advanced strokes. Flip turns introduced. Prerequisite: Completion or demonstration of Level 3 skills.
Level 5:	Ages 5 and older. Stroke Refinement. Refine performance of all strokes, increase distance and endurance. Flip turns. Prerequisite: Completion or demonstration of Level 4 skills.

PARK CENTER
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